

Preparing and Storing Food

1 Dinnertime

Directions: Read or act out the following passage.

It is Friday night at the Lafitte house. Frank and Kathy Lafitte are cooking dinner and their three young children are playing in the living room. The Lafittes have invited their neighbors Marie and Claude Joseph for dinner.

Kathy: [Goes to the front door.] Hi, Marie, Claude. Come in. Come in.

Marie: Hello!

Frank: How are you? How are your children?

Marie: We're fine. My sister is babysitting tonight. How are your children?

Frank: They're fine. They're playing in the living room.

Marie: [Looks toward the kitchen.] Oh, something smells great.

Kathy: That's a new recipe I am trying.

Claude: What is it?

Kathy: I don't have a name for it. It is a stew.

Claude: [Looks in pot.] You are a good cook. I love to eat here.

Frank: [Stirs the pot on the stove.] Yes. This is a great recipe. It contains lots of vegetables. There are sweet potatoes, eggplant, green peppers, tomatoes, and carrots. Kathy also adds some raisins to make it sweet.

Marie: Oh, that sounds great. Will your children eat it?

Kathy: Yes. Of course.

Marie: My children love junk food. They are always eating potato chips, candy bars, and French fries. They don't eat fruit or vegetables.

Kathy: I had the same problem. The doctor helped me to change things. My kids have lead in their blood. They need nutritious meals so they will not absorb so much lead. Healthy meals help to protect them. I don't buy junk food anymore.

Claude: Your kids have lead in their blood? How did that happen?

Kathy: Oh, there is lead dust in this apartment. The dust comes from the lead-based paint. It gets on the kids' toys and on their fingers. Then the kids put their fingers in their mouths. You know kids are always putting things in their mouths.

Claude: You are so calm. Aren't you worried?

Frank: We were very worried, but the amount of lead in our children's blood was low. The doctor told us to feed the children nutritious food and keep the house clean.

Claude: How do children get lead in their blood?

Frank: There is lead in drinking water, soil, and even in food.

Marie: How does it get in food?

Frank: There are a number of ways. It is important to cover food or dust will collect on it. Some imported dishes are painted with lead-based paint. Some food from city gardens may contain lead if the soil has lead in it.

Kathy: Also, if there is lead in the water, it will get into the food.

Marie: This is too much. How can you control everything?

Kathy: If you carefully prepare and store your food, then lead is not a problem.

Frank: I agree with Kathy. The changes we have made are small. They do not take much time and they do make a big difference. The changes are now part of our everyday life. We are used to it.

Kathy: [Lifts the pot off the stove.] So, are you still hungry?

Marie: Of course.

Kathy: Well, let's eat.

Frank: [Shouts into the living room.] Hey kids! Dinner is ready!



2 Vocabulary

Directions: Review the vocabulary words below and define each using simple English terms.

recipe(s) (n.)	cook (v.)
invite (v.)	neighbor(s) (n.)
stew(s) (n.)	vegetable(s) (n.)
sweet potato(es) (n.)	green pepper(s) (n.)
tomato(es) (n.)	carrot(s) (n.)
raisin(s) (n.)	spice(s) (n.)
herb(s) (n.)	junk food (n.)
potato chip(s) (n.)	candy bar(s) (n.)
French fry(ies) (n.)	fruit (n.)
grocery store (n.)	lead (n.)
blood (n.)	absorb (v.)
nutritious (adj.)	dust (n.)
finger(s) (n.)	mouth(s) (n.)
curious (adj.)	naturally (adv.)
worry (v.)	paint (n.)
calm (adj.)	soil (n.)
hungry (adj.)	dish(es) (n.)
mug(s) (n.)	handmade (adj.)
imported (adj.)	glaze(s) (n.)
prepare (v.)	store (v.)

3 Review and Discuss

Directions: Review “Dinnertime” and answer the following questions.

1. What are Frank and Kathy Lafitte making for dinner? What vegetables does Kathy use in the stew? _____

2. What kinds of food do Marie Joseph’s children like? _____

3. Why do the Lafitte children eat nutritious meals? _____

4. How did the Lafitte children get lead in their blood? _____

5. Where can you find lead in the home? _____

6. How does lead get into food? _____

7. How do Kathy and Frank protect their children from lead? _____

4 Topics for Discussion

Directions: Discuss your favorite foods. Answer the following questions.

1. What are your favorite foods? _____

2. What are your favorite meals? _____

3. Do you like to cook? Why or why not? _____

4. Do you think you are a nutritious eater? Why or why not? _____

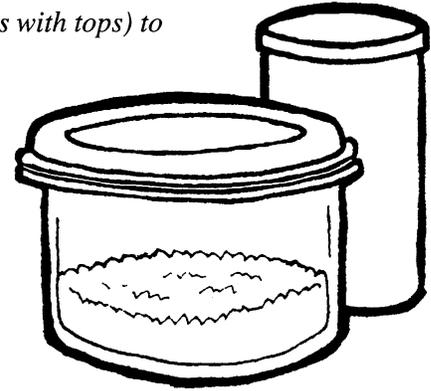
5. Do you worry about chemicals, like lead, getting in your food? Why or why not? _____

5 Keeping the Lead Out of Your Food

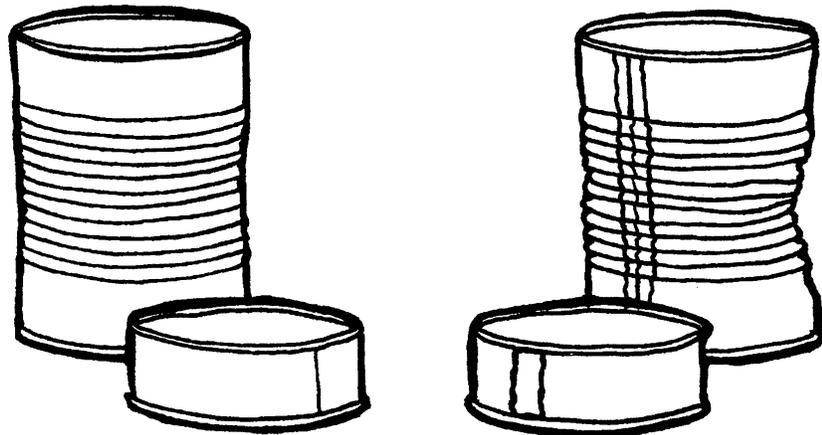
Directions: Read the recommendations below. Do you practice these steps?

There are several things you can do to decrease the amount of lead in your food.

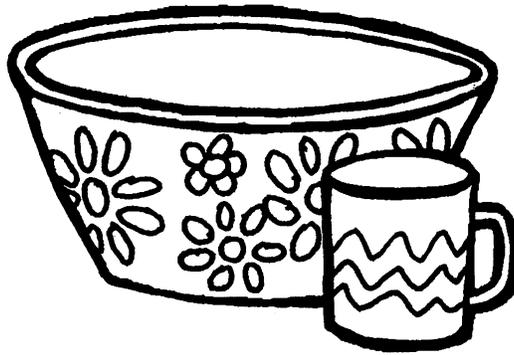
Store food in closed containers (containers with tops) to keep the lead dust out.



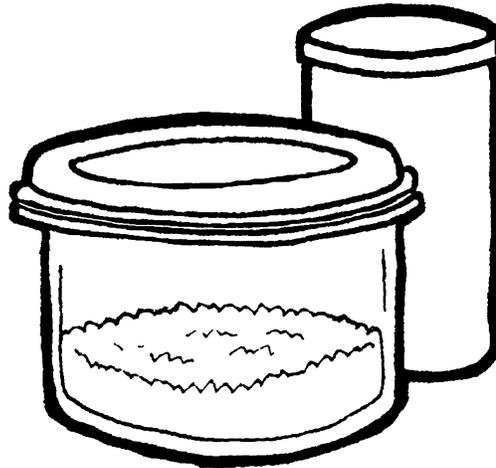
Buy cans without side seams or with narrow seams and blue/black lines. Cans with wide or dented seams usually contain lead.



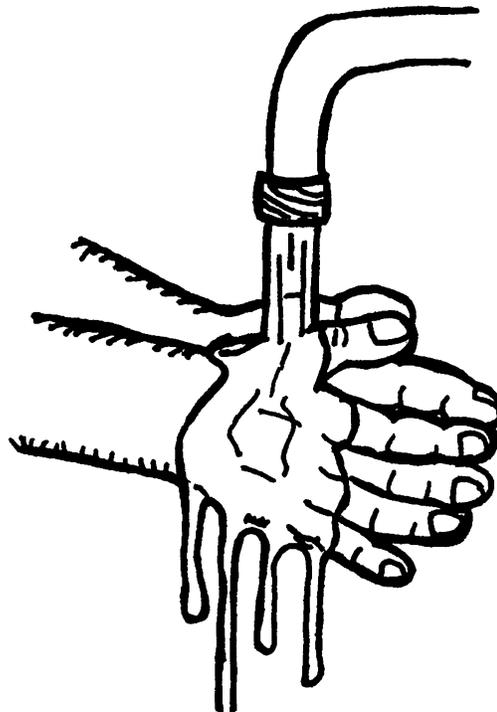
Test dishes and mugs for lead, especially brightly colored, imported, or handmade dishes.



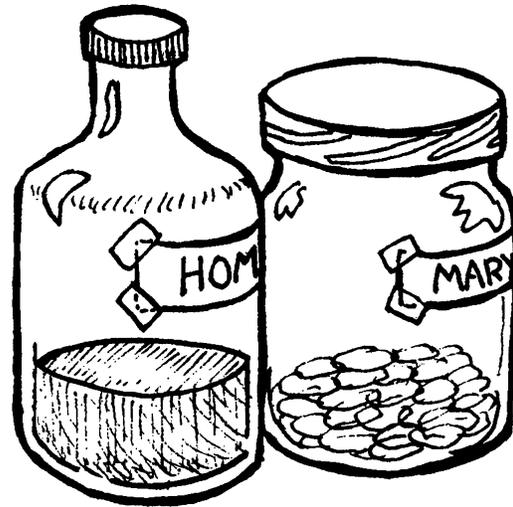
Store food only in unpainted glass or plastic, not in pottery or painted dishes.



Wash hands (especially children's hands) before eating.



Don't use the following home remedies because they might contain lead: Alarcon, Alkohol, Asarcon, Bala Goli, coral, Ghasard, Greta, Kandü, Kohl, Luiga, Maria Luisa, Pay Loo-Ah, Rueda.



6 Planning a Healthy Menu

Directions: Review the words below.

A well-balanced diet contributes to good health in many ways. In fact, foods that are high in calcium, iron, and vitamin C can help protect your children from lead poisoning. On the other hand, your child should eat fewer of the foods that are high in fat and oil, because these foods let the body absorb lead more easily.

Foods that are high in iron

- √ Liver
- √ Lean meat
- √ Tuna fish (*packed in water*)
- √ Eggs
- √ Raisins
- √ Spinach
- √ Collards
- √ Chard

Foods that are high in calcium

- √ Milk
- √ Cheese
- √ Cottage cheese
- √ Yogurt

Foods that are high in vitamin C

- √ Fruit and fruit juice
- √ Bell peppers
- √ Tomatoes
- √ Potatoes and sweet potatoes
(*cooked in their skins*)

Foods that are high in fats and oils

- √ Butter
- √ Oil
- √ Lard
- √ Margarine
- √ Potato chips
- √ Corn chips
- √ French fries
- √ Fried foods

7

Writing Assignment

Directions: Write a five-day menu that includes breakfasts, lunches, and dinners. Try to include foods high in calcium, iron, and vitamin C.

Imagine that your children have lead in their blood. Your doctor said that your children need to eat nutritious meals. She said to make sure that the children's meals contain many foods high in iron, calcium, and vitamin C. The doctor also said to avoid junk food and food with a lot of fat and oils. Think about what the doctor told you and plan a five-day menu that includes breakfasts, lunches, and dinners for your family.

Five-Day Menu		calcium	iron	vitamin C
Monday				
Breakfast				
Lunch				
Dinner				
Tuesday				
Breakfast				
Lunch				
Dinner				
Wednesday				
Breakfast				
Lunch				
Dinner				
Thursday				
Breakfast				
Lunch				
Dinner				
Friday				
Breakfast				
Lunch				
Dinner				

